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## **Hyperbaric Therapy Consent Form – Soft Chamber**

*You are about to begin your hyperbaric treatment. This technology, known as mild hyperbaric, has been reported to have beneficial effects for a wide range of conditions, without negative side effects. Nevertheless, as with many treatments, there are areas of concern which you should be aware. It is important that you take a few minutes to read the following information.*

***OCTIC BAROTRAMA:** This is a condition of injury to the eardrum, and is extremely unlikely to occur in the mild hyperbaric chamber. However, severe ear discomfort can be caused if you cannot equalize the pressure in your ears. As the chamber is pressurized (at the beginning of your session), you must be able to equalize the pressure in your ears to acclimate the pressure changes. You do this by “popping” your ears. This is normal, and you can help the “popping” effect by yawning or swallowing. A more effective method is to hold your nose, close your mouth, and blow. Continue to do this each time you feel pressure build up in your ears. When the chamber reaches its full pressure, you will not have this concern. When the chamber is near completion of depressurization, you will again have no concern.*

*If one or both of your ears do not acclimate normally (by the “popping”), you will begin to experience discomfort in your ear canals. This can be caused by ear and/or throat congestion, or by prior trauma to the ears. You should not endure any ear discomfort during your session. Adjust the pressure by using the pressurization valve, back to a level of comfort for you, and slowly try again to see at what level of pressure you are able to equalize the pressure in your ears. If you are unable to equalize the pressure in your ears, the session will have to be discontinued.*

***PAIN FROM SINUS, HEAD COLDS OR VIRUS:** You should not use the chamber if you are suffering from any of these conditions. Discomfort from these conditions is less frequent, but may occur in people with chronic or acute sinus infections or allergic rhinitis. If you experience discomfort from any of those conditions during pressurization, you must suspend the treatment.*

***PULMONARY HYPEREXPANSION:** This condition is very rare under mild hyperbaric treatments. However, to be overly cautious, holding your breath during decompression must be avoided as it could lead to expansion of the air in your lungs and damage to the lung tissues. In the highly unlikely event of an unexpected rapid decompression, it is critical that you exhale immediately.*

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I/We \_\_\_\_\_ read, fully understand and consent to treatments in the mild hyperbaric chamber and I/We agree to hold The Center for Integrative Health harmless from any blame I may associate with treatments in the mild hyperbaric chamber. \_\_\_\_\_ (initials, both parents/guardians)

Although mild hyperbaric therapy has been reported to be beneficial for a wide range of conditions, this treatment is not meant as a cure for any conditions or disease, and no therapeutic outcomes can be guaranteed.

We do not in any way recommend Hyperbaric Therapy as a substitute for any medical treatments prescribed or suggested by any medical physician. We do not make any guarantees to any results that an individual may experience.

I/We have read and fully understand the above information and have had ample opportunities to voice questions and/or concerns.

\_\_\_\_\_ Print patient name

\_\_\_\_\_ Signature (parent)

\_\_\_\_\_ Signature (parent)

\_\_\_\_\_ Date